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HEMI-SYNC® BENEFITS CHIROPRACTIC CLIENTS WITH CHRONIC RIGHT-LEFT BRAIN PROBLEMS

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Dr. Boro has been in private practice since 1983 and currently provides services through the Chiropractic Center of Annapolis in Maryland. He has been a member of the Professional Division since February of 1987. Dr. Boro offers this account of his work with chiropractic clients using Hemi-Sync tapes.

A portion of my client population suffers from Chronic Right/Left Brain Problems. Due to the hemispheric balancing nature of the Hemi-Sync technology I have found that use of some of the tapes by these individuals provides a measure of symptom relief. The following is the method I employ to identify and treat this problem using Hemi-Sync:

Identification of Clients with Chronic Right/Left Brain Problems

This method of identification I use is based on one developed by Dr. Walter Schmitt, Jr., D.C., Chapel Hill, North Carolina.

1. With patient lying supine, I test the following muscles for strength: quadriceps of the lower extremity and anterior flexors of the upper arm. These muscles are tested bilaterally and separately to insure that each muscle is strong. (If any of these four muscle groups is not strong, then through chiropractic techniques I strengthen them before continuing to the next phase.)
2. When all four muscle groups are strong individually, I then test the homolateral upper arm and lower extremity muscles simultaneously. Both sides are tested. If simultaneous testing of the homolateral muscles demonstrates weakness, then a Right/Left Brain Problem is suggested.
3. Further confirmation is achieved by retesting the homolateral muscles which are strong. However, during this follow-up testing the patient is asked to either hum a tune or recite multiplication tables out loud (I recommend that patients do simple childish tunes such as "Row, Row, Row your Boat" or "Happy Birthday" and the simplest multiplication table). If the formerly strong muscles become weak, I take this to be a confirmation of a Right/Left Brain Problem.

4. Treatment will consist of having the patient perform whichever activity (humming or multiplying) which created the weakness while I would then test and correct any structural faults in the patient.

Recommended Treatment Utilizing Hemi-Sync

I generally recommend *The Way of Hemi-Sync* because it contains a clear description of the process as well as an experiential segment, and because I have found it to be the least intrusive. Because only frequency tones and the “phased pink” sound effect are present, the client is more likely to respond to the tape with emotional neutrality.

This allows the client to take advantage of the Hemi-Sync influence without possibly distracting emotional overlay. Additionally, the audibility of Hemi-Sync tones on *The Way of Hemi-Sync* assists the client in being aware that this process operates within the physical body as well as the mind. In some cases I recommend the *SEW* tape.

I give the recommended tape to the client to use as “home-work” and suggest that it be listened to once or twice per day at first, and in diminishing frequency as needed. The client is responsible for monitoring his/her own rate of use. I assume the client is using the tape unless I notice a continuation of the level of Right/Left Brain Problems or unless the client reports that s/he is not using the tape.

Evaluation of Effectiveness

Generally I have observed that the Right/Left Brain Problem phenomena are not as apparent as a result of Hemi-Sync intervention. My evaluations are based on verbal responses from the client and from my follow-up testing of the client during subsequent clinical appointments.

Selection of Other Clients for Hemi-Sync Tapes

In addition to clients exhibiting Chronic Right/Left Brain Problems, I have also recommended the use of Hemi-Sync tapes to the following groups of individuals:

- Clients with asthma (before, during, and after an episode);
- Clients who are exhibiting stress-related symptoms;
- Clients who suffer from jet lag.